

**GALLATIN CITY-COUNTY HEALTH DEPARTMENT
GROWTH & DEVELOPMENT**



15-18 Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> • Can walk backwards • May be able to run • Walks up steps using rail or wall for help • May kick a ball forward • Builds tower of 2 cubes • Scribbles • Helps in house (puts toy away, throws trash away) • Likes to play with balls, nesting cups, pots & pans, plastic containers 	<ul style="list-style-type: none"> • Provide toys or objects he can pull & push. • Take time each day to play with your child; show him how to color with crayons, build blocks & kick a ball. • Give simple tasks "Please put your doll away". • Encourage & allow your child to help with daily chores (laundry, picking up and putting away).
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none"> • Uses 2-6 words other than names (dog, cup, hot) • Names or points to desired objects • May remove an article of clothing • May have temper tantrums • Often responds with "no" • May resist diaper changes • Displays negative behavior • May bite or hit out of frustration • Listens to conversation • Understands more than she can express • May resist bed, bath & meal time 	<ul style="list-style-type: none"> • Read to your child each day & encourage his interaction while reading. • Let your child see you reading • Provide sturdy board books your child can "read" by herself. • Talk & sing to your child. • Encourage your child to use words to tell you what he wants. • Deal with your child in a calm and consistent manner when he is having a tantrum or resisting something such as a diaper change. • Children need boundaries & limits to what they can do (no biting, no hitting). • Promote your child's self esteem by respecting his feelings "I can see that you're angry." • Toddlers need to feel some control over their lives; allow them to make choices whenever possible. "Do you want to wear the blue or red shirt?" • Always give simple & specific directions. • Begin to teach manners by being a good role model; remember to say please and thank you to your child

Continued on back

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SLEEP	
<ul style="list-style-type: none"> Typically sleeps about 13 hours in a 24 hour period, 11 hours at night & one or two naps. 	<ul style="list-style-type: none"> Length of naps vary Bedtime may become a challenge Maintain pleasant consistent bed & nap time routines & schedules Limit TV before bed
FEEDING & GROWTH	
<ul style="list-style-type: none"> Growth rate & appetite slow down after the 1st birthday Child may want to eat the same food over & over again Child may not eat much at each meal, but energy needs are high Let your child's appetite be the guide to how much is eaten 	<ul style="list-style-type: none"> Parents & caregivers are responsible for what & when food is presented. Children are responsible for how much & whether they eat. Offer 3 nutritious meals & 2-3 healthy snacks at regular times., see WIC Guidelines for Toddlers. Children need help brushing and flossing teeth until age 7
IMMUNIZATIONS	
<p>By 18 months your child should have had received: 4 Diphtheria, Tetanus & Pertussis (DtaP), 3 Polio (IPV), 1 MMR (Measles, Mumps, Rubella), 4 Haemophilus (HiB), 3 Hepatitis B (Hep B) and 1 Varicella (chickenpox).</p>	
SAFETY	
<ul style="list-style-type: none"> Remember to provide constant supervision at this age. Toddler proof your home and yard (see Toddler Proofing handout). Use a correctly installed car safety seat <u>every time</u> child rides in a car. Keep soft pillows, plastic bags and small objects away from your baby (an object is too small if it fits through a cardboard toilet paper roll). NEVER shake your child. NEVER leave your child unattended around pets, young children or water. Protect your child from the sun by always applying a sunscreen with at least SPF 15 . Make sure both you & your child care provider are instructed in infant/child CPR. Keep your child's environment free from tobacco smoke and other smoke. Hot water tank temperature should be set at 120° to avoid accidental burns. Protect from falls, keep crib sides up and mattress at lowest level. Keep your hand on your child at all times while he is on a high surface. Post poison control number by the phone. Keep Syrup of Ipecac on hand, check expiration date regularly. Choose consistent, quality child care. 	

Date: _____

Next Visit: _____

Notes:

Liz/forms/G & D 15-18 mos